

**7 in 10 people do not do enough physical activity to protect their health**

**Contact with nature helps to reduce stress levels**

**Regular walking can halve the risk of coronary heart disease**

**Do you know how close you live to Milton Keynes beautiful openspace?**

**Walking together helps people to build confidence and make new friends**

**Walking 10,000 steps per day can burn 2,000 – 3,500 calories**

***Remember, every step counts!***

A range of walks designed by  
Milton Keynes Council, The Parks Trust  
and the Primary Care Trust  
to improve your health while exploring the city.



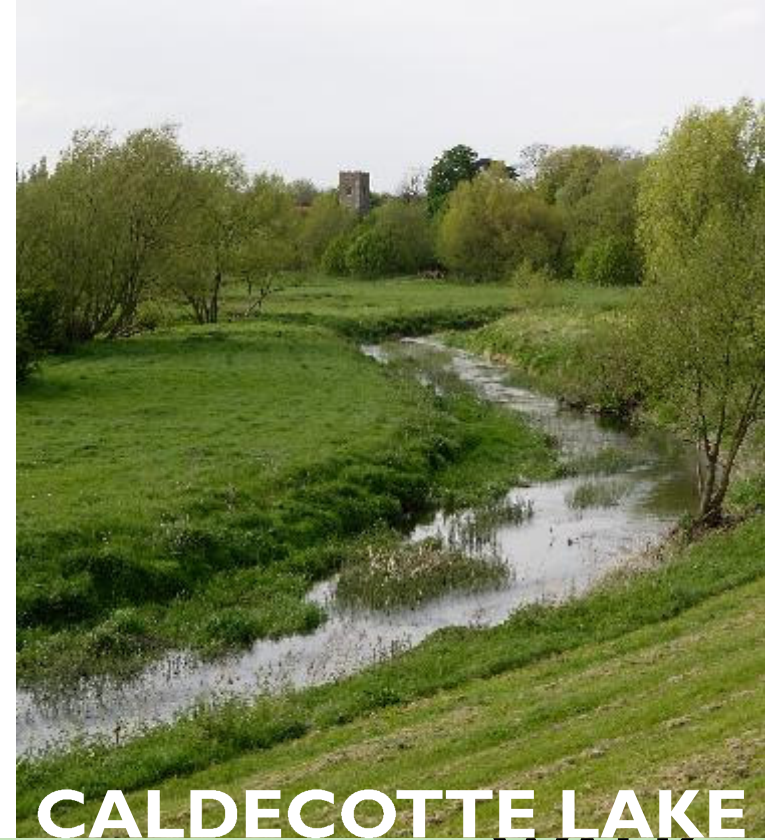
**MILTON KEYNES  
COUNCIL**

Sports Development / Environment

Milton Keynes **NHS**  
Primary Care Trust



(Made with help from Robert Siegel)



**CALDECOTTE LAKE  
WALK**



**EXPLORE YOUR CITY.....**



**THE HEALTHY  
WAY TO EXPLORE MK**



**THE HEALTHY  
WAY TO EXPLORE MK**

# CALDECOTTE LAKE WALK

## Terrain

The majority of the walk is flat, all of the walk is either on footpaths, Redways or leisure routes. Care should be taken in the car park.

## Distance

The walk is just over 1.5 kilometre in length (around 1 mile). It takes around **25-30 minutes to walk** the route at an average pace.

## Footwear

All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

## Alternative walks

If you want to extend or alter the length of your walk, the dotted lines on the map show other available paths that can be explored.

For further information about healthy walks visit [www.whi.org.uk](http://www.whi.org.uk) and [www.walk4health.org](http://www.walk4health.org)

Other walks in the Walk MK series are available at [www.mkweb.co.uk/mkactive](http://www.mkweb.co.uk/mkactive) and [www.mkweb.co.uk/regeneration](http://www.mkweb.co.uk/regeneration) and are free to download and print.



4. Continue along the path by the bank of the lake, you will pass a small seating area.



5. Follow the High Street towards the church, Cross over the two small bridges.



6. Follow the under the dual carriageway H10 and back towards the Caldecotte Arms and your starting point.

1. Start at the Caldecotte Arms pub / hotel car park, head towards the lake and follow the footpath around to the left.

2. Continue along the path, you will pass a weir where the River Ouzel feeds into Caldecotte Lake.

3. Follow the path towards Simpson Road, turn right onto the Redway, then right again along the path that leads back to the lake.